



The Big Nature Sit with the Grass River Natural Area



Earth Day! Wednesday, April 22nd 6:00am - 9:00am

Also known as a Seton Watch, named after Ernest Thomas Seton who was an outdoorsman, wildlife illustrator, prolific writer, and naturalist with a keen interest in Native American ways.

The idea behind a Seton watch is to blend into the natural surroundings. When we walk in the woods, we are making disturbances, moving things, making noise, and disrupting the normal flow of nature. The idea of a Seton watch is to go out into the woods or a natural space and find a place to sit comfortably. As you sit, be still and quiet. Let your senses take over. Let the birds and other creatures resume their activity. As you get more comfortable, notice your surroundings, take notices of the smallest of motions and the faintest of sounds. If you sit long enough, you will find yourself assimilated into the rhythm of the forest as if you were not there at all.

So, what is a Nature Sit?

A Big Nature Site is modeled after the Big Sit, an annual, international, noncompetitive birding event hosted by *Bird Watcher's Digest* and founded by the New Haven Bird Club. While the Big Sit aims to count bird species, in a Big Nature Sit we are observing and counting nature sounds.



How can I participate in GRNA's Big Nature Sit?

Grass River Natural Area is hosting a 'virtual' Big Nature Sit on Earth Day, Wednesday, April 22nd! We invite you to "join" the GRNA staff as we head out before dawn and experience the Earth waking up! Each of us will find our own Seton watch space where we will sit quietly to observe and count all the sounds we hear in nature. So, grab your family, check the list of suggested supplies below, and join us! Once you get back inside, jump onto the GRNA Facebook page and tell us what you heard, saw, and felt.

Suggested Supplies**:

***The key is that these items be as quiet as possible to preserve the idea of blending into nature!*



- Comfy chair
- Warm clothes (don't forget hats and mittens)
- Hot cocoa or coffee
- Quiet snacks
- Binoculars
- Bird ID book
- Journal and pencil to record your observations
- Patience!



Helpful Tips:

- Sunrise is 6:42am! Try to get to your spot early to catch who might be waking up ahead of the dawn.
- While you are observing, pay attention to your senses. What do you feel, smell, hear, see, and maybe even taste?
- Check the weather ahead of time and adjust your "sit" accordingly. You don't have to sit the whole 3 hours and you can even do this activity later in the day. We just think that experiencing sunrise would be an excellent way to begin Earth Day. We hope you do too!
- Have fun!